FAMILY LIFE

Vol. XVIII, No. 10 OCTOBER, 1958 Edited by Paul Popenoe

The Woman Who Has Not Married

by DONALD POWELL WILSON, PH.D.
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From its start nearly 29 years ago, the American Institute of Family Relations has given much attention to the woman who has passed the average age of marriage, and is disturbed by her failure to wed. Her sisters, cousins, and schoolmates have married some years previously, and she becomes distressed, sometimes panicky, over her own failure to do so. In 1953 the staff began to work with such women in a systematic way on a larger scale, and this phase of education has been continued steadily. It is now represented by classes in Social Effectiveness, as well as in individual and group counseling.

In the course of research on the Institute's activities, I studied the records of nearly 500 of these young women who had come to the office for help, or had been corresponding with the Department of Counseling for some time. Analysis of these histories throws some light on why these women, most of whom represented a well-educated group,had failed to find husbands.

About 87% were American (we have also had correspondence on this subject from women in such distant countries as Iran, South Africa, Australia, and the Philippine Islands); 52% Protestant, 21% Roman Catholic, and 13% Jewish. Nine-tenths were living with one or both parents, and usually declared that the home life was normal and the parents happy. The average woman in the group was around 30 years of age, and 88% were single, the remainder widowed or divorced.

What did they themselves consider to be their difficulties? Mainly shyness, feelings of inferiority, and rejection or fear of it. But an overwhelming and alarming majority said they were subject to "moods," though without any details as to depth or frequency. These might naturally be associated with the other difficulties mentioned in the first sentence of this paragraph.

All of these women wanted to marry—that was why they sought the Institute's help. But 30% had no dates at all and 40% only occasional dates. Naturally, they had given much thought to the reason for their lack of dates; but their answers to the question, "What is your greatest concern?"

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

covered a wide range of subjective and objective factors: finances, "no men," too sensitive, too critical, and general dissatisfaction with own personality. Only one in every 40 identified parental domination as a problem, although in counseling this turned out to be one of the most important problems of the group. While feelings of inadequacy were reported by more than half of the correspondents, there were two plaints that were continually made in one form or another,—actually, by 96%: "I can't *get* men" and "I can't *hold* men."

These, I repeat, were well educated women. Nearly nine-tenths of them fell in one or another of five categories: secretary, teacher, office worker, nurse, or professional woman. What were they doing to meet men in favorable circumstances? This would be measured partly by the nature of their hobbies, and the tabulation (in this case covering 756 women) shows how inadequately they had organized their own lives. The average number of hobbies was less than two per person, most of them being identified as outdoor sports, reading, indoor games, theatre arts, and home arts. Certainly reading offers few opportunities to meet and marry a man! Home arts may not be much better, and indoor games are open to doubt.

In short these well-educated young women, mostly holding excellent jobs, had shown very little motivation in trying to solve their own problems. Many did not have sufficient motivation to continue counseling—they were seeking someone to solve their problems for them, rather than help in solving these problems for themselves. Of those who carried through, a large majority reported progress that was very satisfactory to them. This will be discussed in another report.

Notes From the AIFR

SOCIAL EFFECTIVENESS, one of the most popular classes of the AIFR (the last time it was offered, more than 100 registered) will be repeated at the Institute office in five evenings beginning Oct. 28, by Dr. Richard H. Klemer, Dr. Paul Popenoe, and staff. A closed course for employees of the Pacific Telephone Co. will also be given at their headquarters in November.

ELEVENTH ANNUAL SUMMER WORKSHOP in the techniques of counseling, at the AIFR office during the first two weeks of August, attracted 67 registrants from 29 states (including Alaska) and from Canada and the Philippine Islands.

LESS WORK, MORE FUN FOR HOMEMAKERS, another of the Institute's very popular classes, is again offered this fall, October 7, 14, 28, and November 4, with Mrs. Joanna Gurney as instructor.

DIVORCE HEARING, a TV program moderated by Dr. Paul Popenoe, which was put on for 13 weeks last winter in Los Angeles, is again on the air as a nationally syndicated program, opening in New York City's Dumont outlet (Channel 5) at 9:30 p.m. Wednesday, Sept. 10. Watch your local TV stations for its appearance.

DO YOU LIVE WITH A NEUROTIC?

Most of the population is neurotic, in one sense or another; so unless you are very unusual, you probably live with or work with a neurotic. Such a life is not an easy one. What are you going to do about it? Psychologist Albert Ellis undertakes to tell you in his book, "How to live with a neurotic," and if he does not have any magic formula to change human nature, he at least makes the task seem understandable and—frequently!—not impossible.

One of the standing jokes of psychology is that no two writers agree as to what a neurotic is. Dr. Ellis says that "neurotics are individuals who are unreasonably and unnecessarily bothered or bewildered. They are *more* unhappy, or inefficient, or fearful than they theoretically, need be. A great many of them have more than enough wherewithal—good looks, high intelligence, fine talents—to get along successfully in this world. But somehow they don't. That "somehow," that "something" which comes between their potential abilities and actual achievements—*that* is their neurosis."

Such a definition makes the job appear easier; and, he declares, his professional experience "convinces me that, with the proper knowledge and effort, almost any non-professional person who is not himself too seriously troubled can help one of his close relatives, friends, or associates who is more deeply disturbed. Of course the helper must understand what a neurosis is, the probable cause of neurosis, and some of the methods that can help change neurotic behavior patterns. With this knowledge, and a strong determination to apply it in practice, a helper can often achieve remarkable results."

"Relatives and friends may be particularly helpful in aiding neurotics," he says at another point, "because, unlike a psychotherapist who sees his patients a few hours a week, they see the disturbed individual continuously, and often by their own attitudes toward his disturbance, they can help to reduce it. In my own psychotherapeutic work, I frequently use my patients' associates as auxiliary therapists and sometimes find that I can succeed better through their efforts than directly by means of my own."

The very first step toward helping an individual become less neurotic is for the prospective helper to recognize clearly and to *accept* the fact that the individual is neurotic. Too often we merely blame him. But, Dr. Ellis inquires, will *blame* do any good? The real question is, how can we *change* these factors that make the individual neurotic, how can we prevent these conditions from occurring? "Why not concentrate on this question instead of on the question who is to blame?"

Preliminary to any real help is *self-understanding* on the part of the helper, who may need some counseling on his own account! "The next step is to give the neurotic warmth and support. It cannot be too often emphasized that neurotics get the way they are largely through lack of confidence in themselves; and originally, they lose confidence because they feel that they are already, or are in danger of becoming, unloved, disapproved, rejected, or ig-

nored." But alas, too often they "do not seem to deserve any warmth and approval! Instead, they frequently go out of their way to bring on rejection and disapproval." The helper must patiently, and in spite of discouragement and rebuff, "emphasize the neurotic's assets. Do not falsely deny his failings" but keep bringing his best side to the front, by your attitudes as well as words. Above all, get him into *action*. Encourage him to do the things he is afraid of and believes he can not do successfully. If he fails once, help him to expect success the second time. Proceed with "graded steps"; let him achieve a small goal, and make the next one slightly more difficult.

Meanwhile you must stand up for your own rights, firmly but kindly. "The neurotic tends to lose respect for anyone who is an easy mark, and then he loses still more respect for himself for associating with such a weak, namby-pamby person."

"What neurotics need, sometimes almost more than anything else, is a good model with whom they can identify and from whom they can gain strength." This is often the contribution that a counsellor or psychotherapist makes to them; but as Dr. Ellis points out, if the therapist himself is a mighty poor specimen of human being, he can't expect to help anyone else. "Perhaps the most effective of all methods of helping the neurotic is to help oneself with one's own problems, and thereby set a good example for the neurotic."

"Another effective way to help a troubled person is to get him actively interested in people and things outside himself . . . It distracts him from his own worries, gives him worth-while goals to live for, makes it possible for him to succeed at some venture, and frequently provides him with interesting companions who serve as good models."

In short, don't argue, don't preach, don't criticize. Get the neurotic into constructive action; and give him love, because that leads to action. Don't let him do too much; but don't let him do too little, either, for work itself is "good medicine." Help him to deal constructively with his guilt feelings. Plan *with* him, not *for* him.

So far, so good. Suppose you have done all this, but without result. You have three choices of action for yourself.

1. You can give up and run away. If married, you can head for the divorce court.

2. You can continue the relationship, but with incessant nagging and belittling, reproaching and condemning, complaining and sermonizing.

3. You can make up your mind to accept, *fully* and *unequivocally* (Dr. Ellis underlines and expands on these very important words) the fact that the individual is neurotic. "The best procedure is to acquire a more realistic, more stoical philosophy of life. One can use his head, rather than his heart, in overcoming virtually any difficulty—including those that arise in attempting to live with a hopeless neurotic." Dr. Ellis' chapter on "How to live with a person who remains emotionally disturbed" is particularly valuable, ending with a shot straight to the target: "If *you* find it impossible to learn and apply these fundamental facts about human neurosis, then you should in all honesty be suspicious of your own serious neurotic trends. If you can learn, as most probably you can, to apply these facts, you are almost cer-

tain to do yourself and others inestimable benefit.

"Will you accept this great challenge?"

This is a valuable book, directed to the "general reader" and stated in simple and understandable form that is a blessed relief from the mumbo-jumbo jargon that seems to be more and more admired by psychologists. But it would be of equal benefit to many professional counselors.

(HOW TO LIVE WITH A NEUROTIC at work or at home, by Albert Ellis. Pp. 206, no index, price $3.95 from Crown Publishers, 419 Fourth ave., New York 16, N.Y., 1958.)

Divorce and Remarriage

Deficiencies in American vital statistics have made it difficult to tell how many divorced persons remarry and how many of the remarriages are successful. The state of Iowa provides some unique information, which has been analyzed carefully by Thomas P. Monahan, of the municipal court of Philadelphia. Widowed persons who remarry do as well as do men and women marrying for the first time, he found. "With the divorced it is the opposite story: a divorce for one party weakens the strength of the marriage bond, and a second divorce experience greatly lessens the chances of survival of the marriage. It may well be that the twice-divorced, who are sometimes referred to as 'the neurotics', have only about 20 to 25 chances in 100 for a lasting marriage." Primary marriages (a first marriage for both parties) show a ratio of only 16.6 divorces per 100 marriages; but where both parties had been divorced *once* before, the figure doubles to 34.9, and where both parties had been divorced *twice or more* times before, the ratio climbs to 79.4—*Eugenics Quarterly,* June 1958. 1958.

Around the World

HOLLAND, the only country in Europe in which adoption was not legally permitted, has now made it legally possible. Denmark and East Germany have modified their laws concerning adoption, making it a violation of the law for any adopted child to communicate or have relations with his real parents.—This provision is in imitation of the Soviet Code, and has been bitterly criticized in some quarters.

DENMARK has a divorce rate not much lower than that of the U.S.A., approximately every sixth marriage ending in the courts. Inspired by the Lutheran Church, a Young Homes Movement is carrying on a vigorous campaign to strengthen family life, and now claims that it reaches 100,000 young couples among the country's 4,500,000 inhabitants. There are nearly 1,000 circles, each with anywhere from 10 to 100 members, meeting monthly for what would in this country be called adult education.

EAST GERMANY is finally recognizing "Romance." The Communists for a long time tried to play it down, encouraging people to marry on the basis of devotion to the Party Line, but Walter Ulbricht party chief and an old line Stalinist, has now ordered authors to write love stories as well as paeans to the fulfilment of quotas. He said the girls wanted love stories and if the party did not provide them, the girls would read Western "trash." Correspondingly, Youth Leaders are now advising girls that they can do more for the party if they dress well and look

attractive. Matrimonial advertisements, which have long been a feature of the newspapers in both East and West Germany, also reflect the new spirit, e.g., "Truck driver, 40, blond, wants to meet pretty girl with good figure."

Educational Notes

WHAT HAPPENS to women college graduates? National Vocational Guidance Association and Women's Bureau of the U.S. Dept. of Labor polled a sampling of the June, 1955, graduating classes. Six months after graduation, 80 out of every 100 graduates were employed; most of the rest were continuing their schooling. Of the employed, 61 held first jobs as teachers. One-third of all the graduates were married.

NATIONAL ASSOCIATION FOR GIFTED CHILDREN has announced its fifth annual essay contest on "Guidance for the Gifted." Particulars may be had from the executive director, Mrs. Ann F. Isaacs, 409 Clinton Springs ave., Cincinnati 17, Ohio.

SUGGESTIONS for physically handicapped mothers on clothing for preschool children is a bulletin available at 50c from School of Home Economics, the University of Connecticut, Storrs, Conn. It discusses clothing which will encourage the child to dress himself, saving energy and time for both mother and child while at the same time providing garments that mother and child alike will enjoy. Much of this bulletin should be of equal interest to any other mother who wants to simplify her work.

AMERICAN EUGENICS SOCIETY (230 Park ave., New York 17, N.Y.) has issued a five-year report, showing membership of 362 persons and a paid circulation of more than 1,000 for its publication, the *Eugenics Quarterly.*

Research Notes

SCHIZOPHRENIA has often been associated with stress and it has been supposed that the oldest child in a family might be subject to more stress than others, hence more likely to develop the disease. H. J. Grosz and Irving Miller tested this hypothesis in 156 cases and found no evidence that one position in the family carries more likehood of schizophrenia than any other. *(Science, July 4, 1958.)*

LEFT-HANDEDNESS does not necessarily go with poor handwriting, says Eric Alfred Enstrom, who collected information from 10,000 school teachers. It was found that 11.14% of all pupils were writing with the left-hand. Those who used a proper technique did as well as or better than the average of the school. (Unpublished Ph.D. dissertation, University of Pittsburgh.)

RADIATION associated with the atomic bombing of Hiroshima and Nagasaki led to the birth of relatively more females and fewer males than normal, according to an analysis by William J. Schull and James V. Neel. *(Science, Aug. 15, 1958.)*

LIFE INSURANCE of the average family in the U.S. now amounts to $8,300 per family, almost twice what it was 10 years ago. Average yearly premium is $190.

NUMBER OF MARRIED COUPLES in both the U.S. and Canada has increased markedly since the beginning of World War II. In the U.S. the total in 1957 was almost 39 million, or 37% greater than in 1940. The growth has been even more rapid in Canada, where the number of couples increased about 50% between 1941 and 1956, reaching almost 3.4 million in the latter years.—*Statistical Bulletin,* Metropolitan Life Insurance Co., July 1958.

NEW BOOKS IN BRIEF REVIEW

MIXED MARRIAGE AND THE JEWISH FUTURE, by David Kirshenbaum. Pp. 144 (no index,) price $3.50 from Bloch Publishing Co., 31 W. 31st st., New York 1, N.R., 1958.

Jews have a lower birth rate than do the other large religious groups in the U.S.A. They also have (as do the other groups) a high rate of marriage outside the faith; and a large part of these intermarriages result in loss of adherents. These and other population trends threaten to result in a steady decline in the size and importance of the Jewish group. Rabbi Kirshenbaum of London, Ont., Canada, issues this "warning and appeal" to the Jewish community, in passionate and sometimes bitter terms. He depicts the widespread falling-away from the old religion, and also the unhappiness of many mixed marriages. His powerful plea would have been greatly strengthened by the inclusion of more statistical evidence.

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YOUR SHARE OF GOD, by Hornell Hart. Pp. 216 (no index,) price $3.95 from Prentice-Hall, 70 Fifth ave., New York 111, N.Y., 1958.

An eloquent explanation of "Listening prayer" by a well-known writer on sociology and ethics. One chapter is "Love and courage can remake marriage."

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A PHYSICIAN LOOKS AT PSYCHIATRY, by Jacques M. May. Pp. 189 (no index,) price $3.50 from John Day., 210 Madison ave., New York, N.Y., 1958.

Writing for laymen, the author denounces the psychoanalytic trends in psychiatry and calls for a return to an organic point of view.

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THE GANG, a study in adolescent behavior, by Herbert Bloch and Arthur Niederhoffer. Pp. 231, price $6 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1958.

Many of the conventional ideas concerning gangs are quite erroneous, these authors assert. The concepts popularized by Park and Burgess in Chicago have not been found applicable in many other places. On the other hand, they show that adolescent behavior has been much the same in a wide variety of cultures. Because based on erroneous assumptions, most of the plans for getting rid of gangs in the United States have failed. Greater promise lies in absorbing the adolescents into the adult world, giving them more status and more work to do,—in other words "desegregate" them. Dr. Bloch is professor of sociology and anthropology at Brooklyn College, Mr. Niederhoffer a lieutenant on the New York City police force.

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THE CULTURED MAN, by Ashley Montagu. Pp. 285 (no index,) price $3.95 from the World Publishing Co., 2231 W. 110th st., Cleveland 2, Ohio, 1958.

The world needs cultured men and women, says this anthropologist; but an educated man is not necessarily a cultured man. He discusses culture interestingly and provocatively, but two-thirds of the book are taken up by questions (and answers) by which the reader can judge his own cultural IQ. Naturally, there is room for wide dif-

ference of opinion on details but the book will make any reader think,—a service much needed and probably all that Dr. Montagu really intended.

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PASTORAL COUNSELING FOR MENTAL HEALTH, by Samuel R. Laycock. Pp. 94 (paper covers, no index,) price $1 from the Ryerson Press, 209 Queen street West, Toronto 2B, Ont., Canada, 1958.

Simple and practical handbook which will be useful to many more than the clergy. Dr. Laycock is an outstanding Canadian educator and writer on mental health.

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THE NEW CHEMOTHERAPY IN MENTAL ILLNESS, ed. by H. L. Gordon. Pp. 762 (no index), price $12 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1958.

More than 100 contributions, brought together from technical journals. While this book appeals mainly to the physician or other specialist, the work it describes also represents one of the most important steps toward solving some of the greatest problems of family life.

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BUILDING YOUR MARRIAGE, by Rex A. Skidmore and Anthon S. Cannon. Revised ed., Pp. 701, price $6 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1958.

After seven years this standard college text appears in a revision that brings the statistics up to date and includes two new chapters.

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LA SEXUALITE DANS LE MARRIAGE, par N. H. Bernieres. Pp. 316 (paper covers, no index), from Agence Parisienne de Distribution, 8 Rue du Croissant, Paris 2, France.

Better-than-average handbook for those entering wedded life, by a French physician.

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THE CATHOLIC CONCEPT OF LOVE AND MARRIAGE, ed. by Ralph L. Woods. Pp. 285 (no index), price $3.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1958.

The Catholic concept of love and marriage is presented in 124 authoritative selections from 70 contemporary and earlier churchmen, in a beautifully printed book that should interest persons of all religious views.

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HANDBOOK OF CO-ED TEEN ACTIVITIES, by Edythe and David De Marche. Pp. 640, price $7.95 from Association Press, 291 Broadway, New York 7, N.Y., 1958.

More than a thousand ideas to keep the younger social set happily occupied. The publisher "guarantees that this book can wean teens away from juke box, TV, and even the family car and telephone, and introduce them to enriching social experiences." It is directed primarily to the parent and the youth leader. Constructive contributions such as this, to the adolescent period, ought to be in daily use everywhere. Parents who take their responsibilities seriously will find this one of the best investments they can make.

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ANIMAL BEHAVIOR, by John Paul Scott. Pp. 281, price $5 from University of Chicago Press, Chicago 37, Ill., 1958.

This is a fascinating book, prepared primarily as a college text by Dr. Scott, who is chairman of the Division of Behavior Studies at the Roscoe B. Jackson Memorial Laboratory, Bar Harbor,

Me. It is sufficiently non-technical to interest almost any reader, and can be read profitably by anyone concerned with human nature as well as animal nature.

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DISCOVERING OURSELVES, by Edward A. Strecker and Kenneth E. Appel. Third ed., Pp. 303, price $4.75 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1958.

This book has been a standard ever since the appearance of the first edition in 1931. Described as "a primer of dynamic psychology," it has helped innumerable people to understand why they — and we — behave like human beings. The authors are psychiatrists in practice in Philadelphia.

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DANGEROUS FATHERS, PROBLEM MOTHERS, AND TERRIBLE TEENS, by Carlyle Marney. Pp. 128 (no index), price $2 from Abingdon Press, Nashville 2, Tenn., 1958.

Since 1948, Dr. Marney has been pastor of the First Baptist Church of Austin, Texas., and his TV program on a local station has been popular. This book was developed from some of the TV talks, and is easy reading, but falls short in the discussion of remidies for the difficulties that he describes.

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THE PSYCHOLOGY OF EARLY CHILDHOOD, by Catherine Landreth. Pp. 412, price $8.75 from Alfred A. Knopf, 501 Madison ave., New York 10, N.Y., 1958.

Comprehensive college textbook. The author is professor of child psychology at the University of California in Berkeley and former director of the Institute of Child Welfare Nursery School there.

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UNDERSTANDING YOUR FAMILY, by Alexander Grinstein and Editha Sterba. Pp. 312, price $3.95 from Random House, 457 Madison ave., New York 22, N.Y., 1957.

Two Detroit psychoanalysts attempt to offer practical help in this book, which is marked, like the writings of most psychoanalysts, by a complete disregard of any statistical evidence or proof of any statement made — although a vast amount of research on family life has been done during the past quarter of a century. They introduce the concept of "the family ego," to which they attach much importance. While the book contains a good deal of common sense, its one-sided orientation makes it out of date.

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LEGAL STATUS OF MARRIED WOMEN, Pp. 103, paper covers, no index, price 75c from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1958.

Comprehensive survey of world conditions, based on reports to the United Nations Commission on the Status of Women, and submitted by the Secretary General of the UN.

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THE NEXT DAY, by James A. Pike. Pp. 159 (no index,) price $2.75 from Doubleday & Co., Garden City, N.Y., 9157.

Brief essays by an Episcopal clergyman who is now Bishop of San Francisco. They are based on sound psychology, like his other writings, and of course suffused with a constructive religious outlook. Such topics as how to make decisions, how to sleep, how to get along with people, how to stay married, indicate the range of contents of this helpful little book.

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PSYCHOPATHOLOGY OF COMMUNICA-

TION, ed. by Paul H. Hoch and Joseph Zubin. Pp. 305, price $6.75 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1958.

Seventeen papers ,mostly by psychiatrists, exploring the nature of communication between human beings, the interferences with it and the ways of improving it. Applications are largely in the field of mental disease. This is a book for professionals, which opens up many interesting possibilities for research.

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PSYCHOLOGY IN JUVENILE AND ADULT CRIME, by Leland R. Townsend. Pp. 97 (no index), price $2.50 from Greenwich Book Publishers, 498 Fifth ave., New York 17, N.Y., 1958.

Sketchy survey of causes of crime and procedures in diagnosis and rehabilitation by a man who describes himself as a practicing psychologist.

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INSOMNIA AND ITS RELATION TO DREAMS, by Leonard Gilman. Pp. 237 (no index), price $4.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1958.

Sigmund Freud put the study of dreams on a scientific foundation half a century ago in his book, Traumdeutung, which some consider his most significant work. For a long time this was the law! In recent years there has been much controversy, but few of the students of the subject have published accounts for the general public. This one from Dr. Gilman, a psychoanalyst practicing in Montclair, N.J., is therefore welcome, even though he will doubtless not expect complete agreement from any of his professional colleagues. It is presented in simple and understandable form.

Other Books Received

REPORT ON CONFERENCE ON PERINATAL MORTALITY, reprinted from Bulletin of the N.Y. Academy of Medicine, Pp. 41, paper covers, no index, available from Maternity Center Assn., 48 E. 92d st., New York 28, N.Y., 1958. Price not stated.

A POCKET FULL OF WRY, by Francis Merchant. Pp. 123, paper covers, no index, price $2 from The Pilgrims, Box 495, Somerville, N.J., 1958.

PROCEEDINGS OF THE CONFERENCE ON THE AGING PROCESS, Aug. 15-17, 1957. Pp. 80, mimeographed; from San Francisco (Calif) State College.

HAVE A HAPPY MEASLE, have a merry mumps, have a cheery chickenpox, by Jeanne Bendick. Pp. 46, price $2.50 from McGraw-Hill Book Co., 330 W. 42d st., New York, N.Y.. 1958.

PREACHER'S KID'S DAD, by Cleatrice Ingold Lackey. Pp. 94 (no index), price $2.50 from Greenwich Book Publishers, 489 Fifth ave., New York 17, N.Y., 1958.

PERSONALITY: an interdisciplinary approach, by Louis P. Thorpe and Allen M. Schmuller. Pp. 368, price $5.50 from D. Van Nostrand Co., 120 Alexander st., Princteon, N.J., 1958.

EGO PSYCHOLOGY AND DYNAMIC CASEWORK, ed. by Howard J. Parad. Papers from the Smith College School for Social Work, Pp. 282, price $4.50 from Family Service Assn. of America, 215 Fourth ave., New York 3, N.Y., 1958.

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Inexpensive Pamphlets

STROKES (a guide for the family), Pp. 18, published by the American Heart Assn., 44 E. 23d st., New York 10, N.Y., 1958; free on application to local Heart Associations.

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

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The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

FAMILY LIVING CONFERENCES

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

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